

DAILY TITAN

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FULLERTON

EXTENSION AND
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WELCOME TITANS

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Letter from the Editor

Six months ago, I thought I knew exactly what fall semester would look like. After a summer of Lake Havasu trips, I'd be in the newsroom daily, spending hours sitting by my old friends and getting to know new ones. I'd go back to hustling through classes, running in and out of my sorority house and taking a big group of people to Halloween Haunt to kick off my favorite season. Six months ago, I saw that future so clearly.

That future is gone now.

So is yours; at least the one you pictured. This future — a virtual life where we stare at screens in solitude most of the time — is not the one we anticipated nor the one many of us wanted. Still, it's the one we are forced to live with.

Ever since our daily lives changed in March, I have repeated a mantra of "one more day." I can survive one more day of this pandemic. One more day and life will go back to the way it was.

It is nearly September now, and I have been through 167 "one more days." It's a crushing number. If I had known the pandemic would last so long when it started, it would have been impossible to convince myself that I could handle it.

That's why I urge you to keep your eyes forward and focus on what's directly in front of you, instead of at the mountain ahead. Don't look down at what we have lost — you might fall. Don't look back at what life once was — it's too tempting to run back to. Don't look too far ahead — it might be overwhelming to take in all at once.

When it feels like too much, all we can do is put one foot in front of the other. Take each task as it comes, and tell ourselves "one more day" until we no longer have to focus so hard on our footwork.

Ideally, this letter would have welcomed you back to a year far brighter than this one. As a newly 20-year-old, I hardly qualify to give advice on dealing with a pandemic, but I offer what I can. I don't intend on repeating the same cliché messages about how we're stronger together and all we need is optimism. We have heard enough of that.

I will give you no pretty words. We have been given too many pretty words by those who only want the little money that sits in our bank accounts. But, I will emphasize three things.

The first: compassion.

Compassion for your professors who are struggling with Zoom just as much as you are. Compassion for your neighbors whom you may not agree with or understand. Compassion for your classmate that slacks off on a project, because we don't know what's going on in their life.

The second: flexibility.

Last semester in itself was one curveball after another. Last January, my predecessor wrote a letter reflecting on the hardships of fall 2019, which

included an on-campus stabbing. His words were motivating and written at a time when 2020 was a year of potential, yet we had no idea that the spring semester would be even more turbulent than the fall.

I don't know what this semester will look like. I've stopped trying to guess in case life wants to hurl another unexpected twist, and I'd encourage you to prepare for the same. But while I may not know the future, I do know that we have been given an opportunity.

And that brings me to the third: opportunity.

To be candid, this is not how I wanted to be editor-in-chief. I didn't want to manage a staff of over 50 from home, only seeing a very small amount in person and making it difficult to get to know the new members. I didn't want to conduct training over Zoom, where people couldn't talk amongst themselves and I was challenged with figuring out how to get people to connect. I didn't want to lose printing daily instead of weekly, no matter the amount of stress it brings.

The news of a virtual semester and a loss of newsroom normalcy was devastating, daunting and still retains the same gut-punch as it did when I first heard it.

However, we have expanded our now weekly print editions to Downtown Fullerton as well as maintaining on-campus papers. Our website has been revamped and organized, and our interior workings redone with staff members ready to build their names out of these ashen circumstances. These past few months have been trial and error, but I have an opportunity to build something new and unprecedented. So do you.

Someday, we will look back at how we acted, the compassion we showed and the things we accomplished during the infamous 2020 pandemic. Though we didn't want it, life has forced on us an opportunity to show who we are in the worst of times. Regardless of whatever plans we had for the fall, this is the future we have been given, and now we must choose what to do with it.

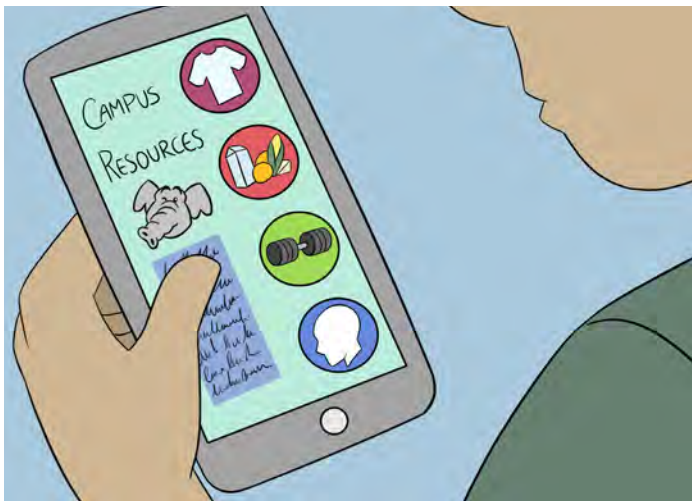
This is where we prove our resiliency. Not because we need to, and surely not because we wanted to, but because we have to.

Welcome back, Titans.

Signed,



Jessica Benda
Editor-in-Chief



CINDY PROAÑO / DAILY TITAN

Tools students should use to have a successful online experience.

ANTHONY ROBLEDO
Editor

Tuition costs were not lowered for the fall semester despite classes being virtual. However, students are not just paying for boring Zoom lectures and awkward breakout room discussions. Cal State Fullerton's tuition fees include access to many resources. Whether you are a new student or not, it can be challenging to know what resources are available and how they have adapted to an online atmosphere. To help ease your experience, here are six resources to take advantage of for the virtual semester.

Counseling and Psychological Services

The Counseling and Psychological Services, also known as CAPS, can be a great way to handle stress or anxiety caused by virtual learning or the COVID-19 pandemic. Counselors work with students to help them navigate college, improve coping methods, strengthen relationships, recover from trauma and explore their personal journey.

Students have access to individual, group and couples counseling, as well as psychiatric services, referrals, crisis intervention and mental health workshops. CAPS services are now offered via Zoom from 9 a.m. to 5 p.m. Monday to Friday. "CAPS is here to listen, to be supportive, and to help you process your grief, trauma, anger and any other type of reaction or emotion that you might be experiencing," according to the CAPS website. Students can call (657) 278-3040 to schedule a Zoom appointment with a professional therapist.

TitanWell

TitanWell works to promote healthy choices and behaviors through counseling, presentations, outreach and peer-to-peer education. Shireen Ady, a health educator at TitanWell, said they are focused on educating students about nutrition, alcohol, drugs, marijuana and sexual health. Ady said the program is making an effort to inform students through their Instagram page. On the page, students can access a variety of content including "Tasty Tuesdays" which promotes recipes for students to try. Since going virtual, TitanWell does weekly Zoom meetings about various topics for students, Ady said. TitanWell is also

Campus resources created for virtual exploration

starting several new series about different topics that will be posted on its YouTube channel and Instagram page. Students can still receive free condoms by filling out a request form. They can also make one-on-one appointments with health educators and registered dietitians through Zoom. "Our job is to be here for the students and that's what we strive to do," Ady said.

Titan Recreation

Although the Student Recreation Center is physically closed, students still have access to online resources to stay active. The recreation center offers free virtual fitness classes that vary from pre-recorded and live sessions on Zoom. Nothing can beat the experience of working out at the recreation center, but online fitness classes can be a great way to stay motivated. For those interested in gaming, you can join an esports league and win prizes. Leagues consist of a three-week season and a one-week playoff. Other opportunities from the center can be found on its Instagram page.

Tuffy's Basic Needs Service Center

The pandemic has impacted many students at CSUF who are struggling financially. Tuffy's Basic Needs Services Center recognizes the challenges students are facing and provides necessary resources, so students can continue to focus on their education. Students in need of food assistance can complete an online form. For access to hygiene

products, students can visit the Student Health and Counseling Center from 9 a.m. to 1 p.m. Monday through Friday. Other forms of assistance include temporary housing, emergency financial support and Tuffy's Career Closet which offers used professional attire for job and internship interviews.

Diversity and Inclusion Resource Centers

If you're hoping to find a strong sense of community based on your ethnic background or identity, Diversity and Inclusion Resource Centers, also known as DIRC, has you covered. There are currently five centers for students to access which include: the African American, the Asian Pacific American, the Latinx community, the LGBT Queer and the Titan Dreamers resource centers. DIRC coordinator Nate Nguyen said they are offering about 100 online workshops and activities for students this semester. Each center has its own Instagram page where students can stay updated about upcoming events and learn how to access resources.

"DIRC, in the physical space or the virtual space, is really a home away from home for many students," Nguyen said. "Even though students are technically physically at home, it's important for them to find a community of other people like themselves." Normally students would be able to enter each of the centers and hangout with friends however these rooms are now temporarily closed. Nguyen said that the DIRC will

implement online hangouts to maintain a strong sense of community.

"We acknowledge that it's not the same," Nguyen said. "Many students are Zoom fatigued, they're tired of being on Zoom for so long, but we acknowledge these are the spaces we do have and we want to encourage people to utilize them,"

Career Center

You can also make an appointment at the Career Center to receive help on resumes, job searches, graduate school and you can gain experience with mock interviews.

Director Elizabeth Zavala-Acevez spoke on an Instagram live stream on Friday to discuss the center. Zavala-Acevez encouraged students to take advantage of the opportunities CSUF offers. She said that it's important to start thinking about what students want after college whether it's a career or graduate school.

"The Career Center helps you identify your strengths, your abilities, your interests and helps you figure that out," Zavala-Acevez said. "What are the things you're most passionate about? What particularly majors might be a good fit or what potential careers might be a good fit for what you're trying to pursue? And then let's work backwards. How are you going to get there?" Students may be facing an unusual semester of virtual learning, but these resources are available to help reduce the strain of classes. Don't be afraid to reach out to the many resources that your tuition covers.

Fall semester Discoverfest goes online

A guide to help navigate the annual student fair virtual festivities.

JASON SANCHEZ
Asst. Editor

At the start of a typical semester, Discoverfest is an energetic day on campus, filled with large crowds, music and the opportunity to connect with campus organizations.

However, with only a fraction of people allowed on campus this fall due to COVID-19 regulations, that is not possible. Instead, this semester's Discoverfest will take place in cyberspace, with several new ways to get involved.

For students who are interested in getting involved but have no idea where to start, the Office of Student Life and Leadership is hosting an online seminar on Wednesday from 12:00 p.m. to 1:30 p.m. The event will feature in-depth explanations of all the new ways students can get involved from home. Interested students can RSVP for the event through TitanLink.

On Thursday, the office will also host a "Digital Discoverfest" from 11 a.m. to 2 p.m., which will strive to recreate the experience of the traditional event by providing a one-stop-shop for students to explore different clubs and organizations.

During the event, students will be able to view and click through links for the participating clubs and organizations on TitanLink. Each of the participating groups will have a meet online button on their group's page, which will direct students to virtual rooms where club members will be waiting to talk to interested students.

Gleanne Kienzler, the coordinator for student organizations in the university's Office of Student Life and Leadership, said in a Zoom call that student groups were advised to keep the rooms staffed throughout the day, as they would at an in-person Discoverfest.

The meeting platforms vary from group to group as some organizations will be using Zoom while others will be using platforms like Discord.

Some groups will hold their own recruitment events, independent of Discoverfest.

For these reasons, it is best to monitor social media accounts and TitanLink, or contact the groups leadership directly to get the best information about how a club is holding an event.

In addition to those two events this week, the Office of Student Life and Leadership is also rolling out a brand new online program called "Student Life

Connection." The purpose of this program is to match students with clubs that fit their interests. Kienzler said that "Student Life Connection" will be like a "manual dating app but for student organizations."

To get started, students fill out a questionnaire about themselves and their interests. But instead of an algorithm, the staff at the Office of Student Life and Leadership will review student responses and match them with campus organizations.

The goal of student life

connection is to make the process of searching for an organization or club a little less overwhelming, Kienzler said.

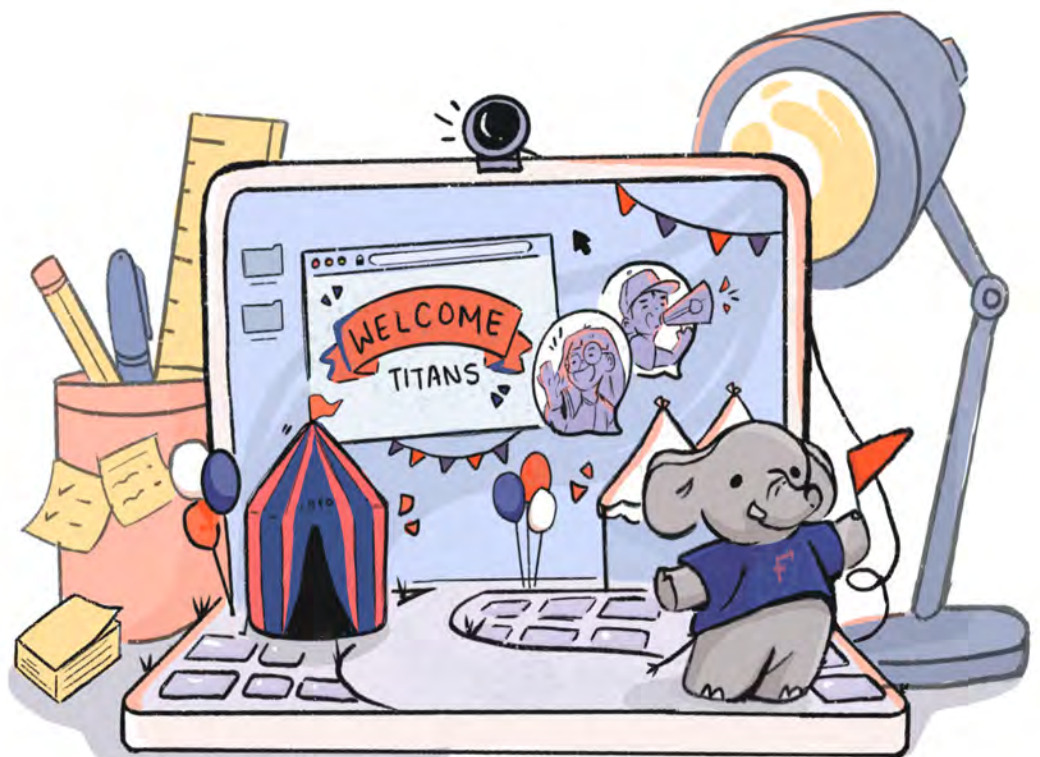
The first 250 students to fill out the form will be mailed a no-contact door opener as a reward.

Student organizations have also been encouraged to make videos pitching their organization which will be featured on the office's YouTube channel as well as each organization's TitanLink page.

Not every organization

will be at Discoverfest; therefore it is important to monitor social media and TitanLink to find out what groups are doing to cope with the lack of in-person interactions.

Getting involved on campus may seem like an afterthought when much of the student body is at home, but it improves a student's academic performance and makes the college experience worthwhile. That extra boost is especially important now during these unusual times.



Through music, they overcome the distance

Titan Radio hopes to retain audience attention while going virtual.

MICHELLE IBANEZ
Editor

In past semesters, students could join clubs and organizations that fit their career through events or advertisements. However, this semester will look a little different.

In March, when the spring semester was barely taking flight, Cal State Fullerton closed its doors, and was forced to transition to online learning in response to the pandemic. Organizations and clubs that rely heavily on the engagement of on-campus activities also had to stop.

Among these organizations is Titan Radio. Like many campus organizations, Titan Radio is run by students, and they are facing the challenges of being completely online.

Founded in 2001, entertainment on campus was from the Titan Radio team, according to Titan Communications. The radio station would host live music shows at the Becker Amphitheater and worked with CSUF's Division of Information Technology to have Titan Radio play live through the speakers at the Promenade and Titan Walk.

But what happens when no one can set foot on campus?

"It definitely was a hard switch," said Areeba Kaukab, the communication and campus outreach director at Titan Radio. "A lot of the interactions that happen at the station happen to chance."

Kaukab is also in charge of running the radio's street team, where students gain valuable experience working at the station, or producing content they can use in their future careers.

Titan Radio is located in the southern basement of Pollak Library. For Kaukab, ceasing to operate at the place where she and her peers spent most of their time was difficult.

"A lot of us aren't able to meet each other in a fluid motion... we had to jump from a very interactive space to try to figure out a virtual space," Kaukab said.

For this semester, Kaukab hopes to create a sense of community among her team even without being physically there for each other.

"The biggest goal for me and the rest of our team right now is to make sure that our students feel heard... I really want events that focus on our students' voices, and obviously focus on having fun," Kaukab said.

As a transfer student, Kaukab's first home at CSUF was the radio station.

"If I didn't have the (Titan Radio) community, I don't think I would have that many people to connect to on campus," she



HUYEN TRAN TRAN / DAILY TITAN

said.

Similarly to Kaukab's wishes, Matt Sylvester, radio media coordinator, hopes that this semester brings the same amount of audience engagement and staff engagement that Titan Radio had in previous semesters.

As a new graduate, Sylvester's main concern was engaging incoming students and promoting Titan Radio. Like other clubs on campus, Titan Radio submitted an introduction video for Discoverfest, which will take place online this semester.

"When we were on campus, Discoverfest was huge for us, and physical marketing was huge for us... but that option isn't there because people aren't on campus," Sylvester said.

To combat the lack of in-person interaction, Sylvester said that the club is promoting engagement through other platforms.

"We're trying to reach out to Comm classes, we're trying to reach out to professors to let us speak in their Zoom classrooms," Sylvester said. "We really aren't going to know how good we're doing until our DJ applications close in three weeks."

The operations at Titan Radio will remain the same, apart from being remote. Students interested in being a DJ and having their own show will use Adobe Audition.

Shelby Stancliff, general manager at Titan Radio, explained that their shows will be

pre recorded and broadcasted, but her goal is to show to students that Titan Radio is alive and well.

"We're still up and running, even if we're not broadcasting at the station," she said. "I just want to keep a presence and let people know that we're still here even if you don't see us or hear us on campus."

Stancliff encouraged students to participate and join Titan Radio, even if it's all online.

"Being able to record a show on your own and take time to edit it, rather than having to be in the station and broadcast, you get a little bit of freedom that way," Stancliff said. "It's a good opportunity for people that just wanted to dip their toes in the water."

There is no room for disciplinary action on Zoom

Professors lack care for students' needs as they juggle online learning.

KENNEDI LOPES
Asst. Editor

In the midst of the pandemic, college and K-12 students have been forced to adapt to not only the rapid change of their communities, workplace environments and family lives, but also that of the education system in the United States.

Attempting to offer the most normal classroom setting possible without putting students and their families at risk for COVID-19, several K-12 schools, community colleges, and universities have implemented the use of Zoom, an online video-chat service, in place of in-person teaching lectures.

Now that Zoom has become a major resource for educators to combat the challenges of COVID-19, some teachers and professors have begun to abuse their authority by prohibiting students from eating or drinking and requiring them to wear certain attire during

virtual class sessions.

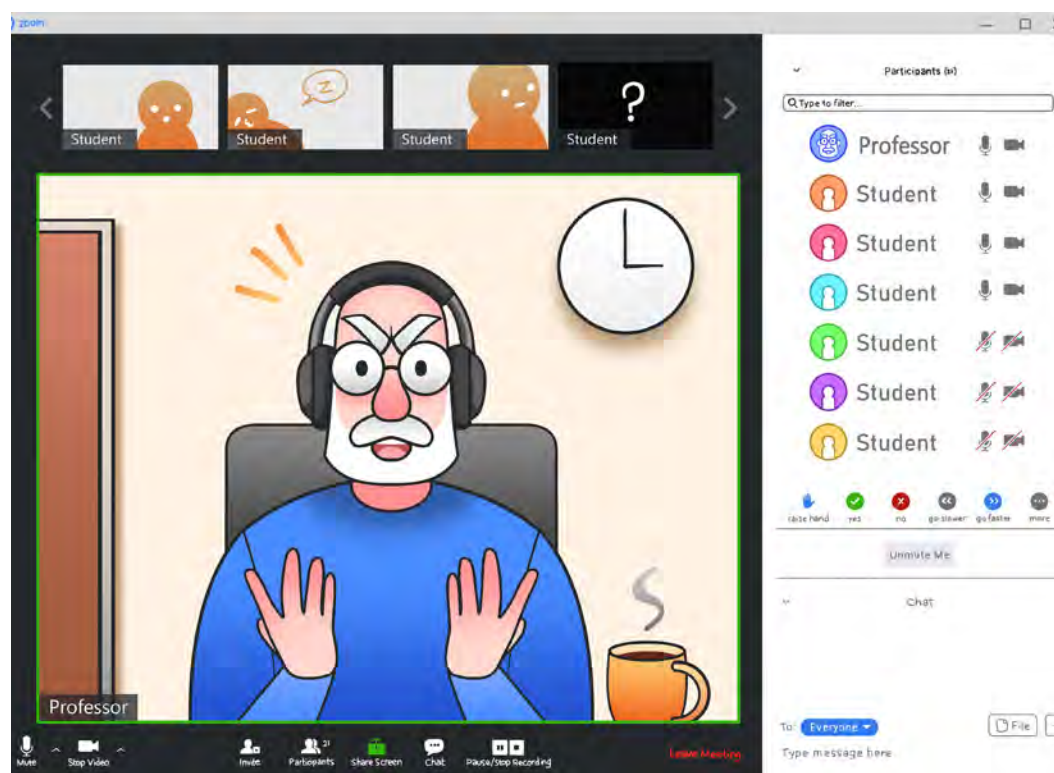
While many students have easily adjusted to this new form of education, others have experienced more hindrances to online learning due to living situations, jobs and financial difficulties.

In order to maintain productive lectures over Zoom, professors and teachers have enforced their own behavioral standards, and understandably so. However, multiple educators and their "Zoom etiquette" rules have gotten out of hand; some have prohibited their students from eating any snacks or wearing pajamas during class. Rules such as these have sparked an outrage not only in students but parents as well.

Prior to most K-12 schools and colleges shifting to online learning, eating snacks during class was commonly banned for obvious reasons.

Eating during an in-person class has the potential to be disruptive, with issues such as loud crunching or chewing, strong smells and frequent messes to be cleaned up.

The lack of in-person communal learning and the easily-accessible mute button, eating



MARGARET TRAN / DAILY TITAN

during an online class does not interfere in any way with the educator's teaching.

Similarly, it is unlikely that students who choose to wear appropriate pajamas to their Zoom classes in the comfort of their own homes could affect their learning environment. With much controversy around the work-from-home dress code, some adults have argued that wearing comfortable clothing and pajamas have not hindered their ability to succeed in their daily tasks, with some simultaneously claiming the same concept applies to students.

In these recent months, students of all ages have struggled to stay afloat mentally, physically and/or financially in the COVID lifestyle, especially those in lower-income communities, according to Edutopia, a

publication that focuses on innovations in education. Some students are juggling multiple jobs while still fitting in time for virtual classes. Some are sharing devices or Wi-Fi hotspots with parents, siblings or both in order for everyone to complete necessary tasks on a daily basis. Some are even coping with the illness or death of a loved one from COVID-19.

Even without these major obstacles, it can be incredibly difficult for all students, whether they are in kindergarten or graduate school, to continue giving their maximum effort in studies when it often feels like the world is falling apart all around them.

It is likely that several students this year will have great difficulty managing virtual learning amid all other major

changes to their lives, and many could suffer sharp declines in their learning or they may forego their education completely.

Rather than implementing silly rules to assert their authority, professors and K-12 teachers would make a much better use of their time by offering support and ensuring they are providing the best education and resources possible for their students. Despite these harsh circumstances, they should encourage students to persevere and continue pursuing their education.

The entire world is aching over the pandemic's toll. With today's children, adolescents and young adults as the future of this country, it is crucial for instructors to provide as much compassion and understanding to their students' academic journeys as possible.

Column: Online instruction puts me at ease

Since classes became virtual, I have found my happy place.

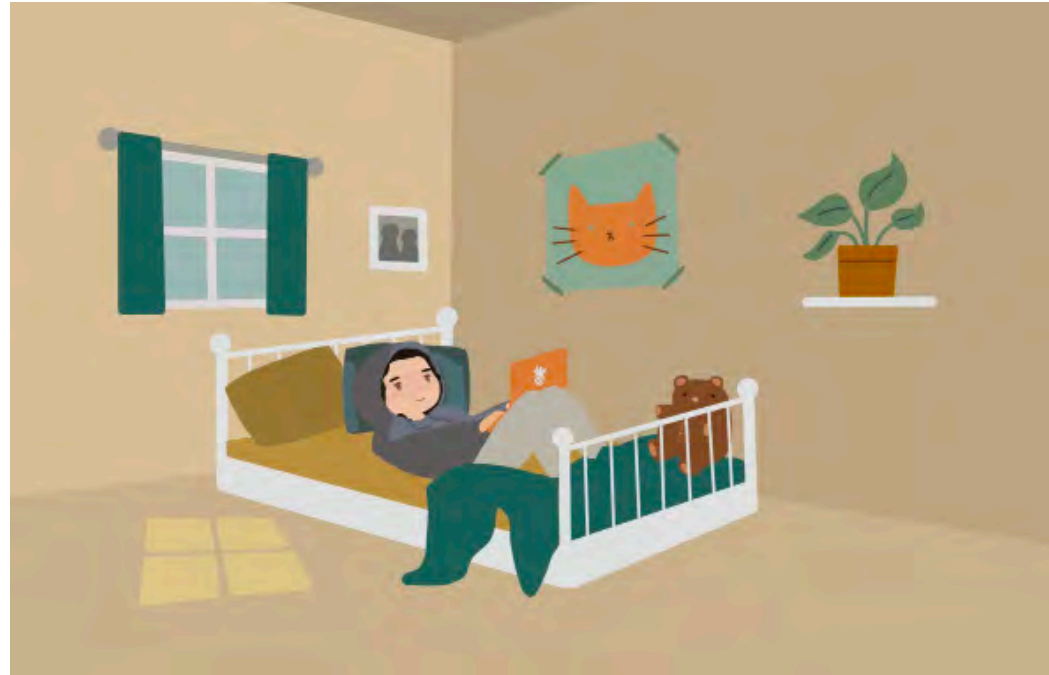
MADELINE GRAY
Editor

As the COVID-19 pandemic has affected nearly every aspect of people's lives across the globe, virtual instruction and working from home have become the new normal for students and employees.

It is an understatement to say that the pandemic has brought feelings of uncertainty and stress about the future. However, after spending the last five months social distancing and doing schoolwork online, working and learning virtually has become an aspect of my new routine that I have fully embraced.

Despite the fact that I may not have wanted to spend my final school year connecting with professors and classmates through the screen of a laptop, I have found silver linings among the dark clouds of remote instruction.

With a fully online class schedule, I have saved time and gas money not having to commute to the Cal State Fullerton campus Monday through Thursday. In late April, after a month of sheltering in place, my family decided to move into both a new house and city. While it felt odd to make such a giant change during



ARIANNA GUTIERREZ / DAILY TITAN

a pandemic, it seemed to be a good time to switch things up.

As much as I enjoy spending time on campus and in the newsroom, I dreaded the idea of my new 30 to 40 minute daily commute from Long Beach to Fullerton, before news of the online fall semester was announced.

Now that my classroom is in the comfort of my own space, I've spent my time more efficiently. I no longer stress about the woes of waking up early, driving through the typical morning traffic, fighting other students for one of the last available parking spots and speed walking across campus so I could arrive at College

Park before my classes began.

If I'm running late to my 9 a.m. Zoom class, I can make myself a cup of coffee, wash my face and put on a clean shirt in a matter of minutes without having to worry about leaving my house on time or the unpredictability of parking availability on campus.

As much as I love exploring new places, spending more time at home during this pandemic has brought out my introverted, homebody side. I tend to thrive at home, an environment where I'm most comfortable. I've been fortunate to have faced few obstacles getting my schoolwork done with my bedroom desk setup, whether that's sitting through

multiple Zoom class sessions a day or writing stories. When the afternoon fatigue hits, I can easily hop into bed for a quick nap or recharge by sitting in the backyard to get some fresh air.

While we don't all have the luxury of a quiet, stress-free workspace all of the time, students could try working out a schedule among their families to divide allotted times for studying and a quiet workspace.

Another perk of class meetings online is the limited focus on appearance. As someone who used to spend far too much time pondering about what to wear, the small amount of space that my laptop camera

displays has saved me the extra effort I spend putting together outfits each morning. Since the only factor of my appearance I've given thought to is what shirt I'm going to wear, I've stayed comfortable in my leggings and pajama shorts on every Zoom session thus far.

While these newly-adopted online methods won't match up to the connection that comes from meeting new people in a physical classroom, getting to know my professors face-to-face and seeing the friendly faces of the Daily Titan staff, I'm fortunate to have access to resources that make Zoom an enjoyable experience.

Virtual instruction has its ups and downs. This shift to remote learning has been a tough one for many families. While instruction through a screen has its difficulties, students may be able to make the best out of their online instruction by reaching out to professors or school administrators to help with Wi-Fi connectivity and access to devices.

For those who have returned to in-person classes or remote instruction, I wish you the best of luck. I'll be lucky and grateful to be able to spend the remainder of my weekdays propped up against multiple pillows on my memory foam mattress, wearing my comfiest sweatpants with my laptop nearby as I follow along to class lectures.

Welcome Back Titans

Wishing you all a successful semester

From your friends at
WINTER SESSION + SUMMER SESSION

extension.fullerton.edu/winter

extension.fullerton.edu/summer